



Réseau académique
franco-irlandais
des Arts Culinaires,
de l'Hôtellerie et du Tourisme



France-Ireland
network
for Culinary Arts,
Hospitality and Tourism

Information for the finalists

BRAVO!

You have been selected to participate in the final of the **FICAHT 2023 Cook and serve competition**.
It will take place at the Christian Bourquin high school in ARGELES-SUR-MER on Wednesday 29th March 2023.

Competition timetable

- 8.00am to 8.30am: Set up: tutors are allowed to enter the kitchen to prepare any materials that the finalists may need. There is no question of cooking at this time.
- 8.30am to 11.30am: preparation/cooking time.
- 11:30am to 12am: lunch break in the school canteen.
- 12am : serving the dishes to the jury members:
- 12.20 pm: starter
- 12.40 pm: main course
- 1pm: dessert
- 1:30 to 2:30 pm: Jury deliberation

The results will be announced before the **Goût de France dinner (29 March 2023)** and the prizes will be awarded at that time. The finalists and their lecturers will have dinner in the school canteen.

Travel organisation

Each finalist team is responsible for organising its own transport to Argelès-sur-Mer.

The expenses of the finalists and their tutors are covered by the host:

- **Transport:** A budget of 300 € per person is allocated to each finalist and their tutor. The school must sign an agreement in which it undertakes to send boarding passes or other proof of transport, and invoices and receipts proving the use of the money. If the school does not participate in the end, it undertakes to reimburse the money received. It also undertakes to return to the host any unspent or unjustified balance.

- **Accommodation** in Argelès-sur-Mer: finalists under 18 years old will be accommodated in the high school boarding school in rooms of 4 with shared bathroom. Finalists over 18 will be accommodated in mobile homes in a nearby campsite (walkable distance / single rooms / shared bathrooms). In both cases, bed linen is provided but **they will need to bring their own towels**.

Considering that the results will be given in the evening, finalists may have to consider staying for 2 nights (28th and 29th March 2023).

- **Catering:** meals (breakfast, lunch and dinner in the school canteen) from Tuesday 28th March 2023 dinner to Thursday 30th March 2023 breakfast.

A few recommendations

- Contact your French counterparts in your team as soon as possible to define your menu and organise the preparation of the final.
- Send your final recipes (detailed technical sheets specifying supplies and quantities required) to ficaht2023.bourquin@gmail.com by 8th March 2023 at the latest.
 - o Category 1: non-alcoholic cocktail based on elderberry, starter based on shrimps, dish based on chicken breast served on a skewer, potato garnish and baby carrot garnish, sauce to accompany the skewer, table decoration (equipment needed: flowers...)
 - o Category 2: non-alcoholic cocktail, starter based on smoked fish and hot oysters, chicken breast dish served on a skewer, potato garnish and baby carrot garnish, sauce to accompany the skewer, dessert based on dark chocolate and citrus fruits, table decoration (equipment required: flowers...).
- For the final: all cooking and serving equipment is provided. However, finalists who wish to do so may bring their own small kitchen equipment such as knives (permission to be obtained before the flight). Finalists must bring their own professional kitchen/service uniform + safety shoes.
- Please bring at least one piece of checked luggage as kitchen knives will be given to the winners.
- Do not forget to bring a universal electric adaptor.

Please find attached:

- The participation agreement for the final of the **FICAHT 2023 Cook and serve competition**
- The rules and regulations of the Christian Bourquin high school and its boarding school.

Please complete and sign the agreement and send it back to us by e-mail **at the latest on 10th February 2023**.

If you have any questions, please do not hesitate to contact us: ficaht2023.bourquin@gmail.com

Many thanks to our partners!

